

Baked Pumpkin

Makes: 8 servings

Have a small leftover uncut pumpkin on your porch? Bake it with some c

Ingredients

- 1 small pumpkin (small, peeled and cut into cubes)
- 1 cup sugar
- 1 teaspoon salt
- 1 teaspoon cinnamon

Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. Place pumpkin cubes in a baking dish and sprinkle with sugar and salt.
3. Cover pan with foil and bake until soft.
4. Sprinkle with cinnamon.

Notes

Learn more about [pumpkins](#).

Source: USDA Food Distribution Program on Indian Reservations, A River of RecipesNative American Recipes Using Commodity Foods

Nutrition Information

| Nutrients | Amount |
|---------------------------|---------------|
| Calories | 110 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 290 mg |
| Total Carbohydrate | 29 g |
| Dietary Fiber | 0 g |
| Total Sugars | 26 g |
| Added Sugars included | N/A |
| Protein | 1 g |
| Vitamin D | N/A |
| Calcium | N/A |
| Iron | N/A |
| Potassium | N/A |

N/A - data is not available